

## Study links aggression to violent lyrics

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If music can be therapeutic, it can also evoke extreme responses in a person. According to a research conducted by a National Brain Research Centre psychologist in Gurgaon, violent lyrics evoked aggressive behaviour among people.

Shikha Ahuja, a part of her MSc in psychology, conducted a study regarding the effects of violent music on a person's behaviour. Shikha, who was at the Cognition, Emotion & Action International conference at IIT Gandhinagar, said, "Through a series of experiments I determined that a person exposed to violent lyrics were more likely to interpret an ambiguous stimulus as involving aggressive element compared to participants who listened to music with non-violent lyrics."

The study was conducted on 64 subjects in the age group of 19 to 21 who listened to English music for at least four hours a week. The subjects were divided into two groups and one of the groups was made to listen to violent lyrics like 'Murder Murder' by Eminem and 'I'll still kill' by 50Cent. They were also given a sheet with words which had a few alphabets missing. Ahuja said, "The participants who heard songs with violent lyrics filled in the word sheet to make violent words. Like they ended up filling c\_t with a 'u' to make the word cut when they could have also written cat."

The study shows exposure to violent lyrics increases the accessibility of aggressive thoughts which in turn increases aggressive feelings and can influence perceptions of the individual.



Shikha Ahuja reached the conclusion after monitoring behaviour of 64 people